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DAY 2 OF METRO'S LOOK AT IMMIGRATION: EDUCATED NEWCOMERS HOPE TO LAND ON 'ELIGIBLE OCCUPATIONS' LIST BUT OFTEN SETTLE FOR 'SURVIVAL JOBS' TO STAY AFLOAT **PAGE 7**

USE METRO AR TO WATCH NEWCOMERS TELL 'THE STORY OF US'



Become a proud parent: Adopt a street

New city program asks community groups to get involved in street cleanup **PAGE 2**

British Birdy learning to fly (up the charts)

Teenage singer-songwriter on the rise. Use Metro AR to see this songbird sing **PAGE 10**

All aboard the pain train — it's go time

Check out these tips from fitness experts to take your workout routine to the next level **PAGE 12**



London Lightning owner Vito Frijia says the NBL of Canada "has bigger challenges this year than last year." MARK SPOWART/FOR METRO

Lightning, coach will be back next season: Owner

'Plan B and Plan C'
Fate of NBL of Canada to be decided at owners meeting; London club approached by other leagues, says Vito Frijia



DAVE LANGFORD
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The National Basketball League of Canada owners' meeting later this month will determine the fate of the three-year-old operation.

In a wide-ranging discussion with Metro on Monday, London Lightning owner Vito Frijia said a "Plan B and Plan C" exist for his franchise should the NBL cease to exist.

But, "the first issue of discussion will be the viability of the league for next year," Frijia said. "The league will need a new business model and a financial commitment from all the teams."

Frijia said there may be several choices on the table by the time the nine league owners get together April 25-27 in Toronto.

He said the owners may all choose to continue or a few

NBL of Canada attendance

- The Lightning led the NBL in average attendance this season, with 3,993 fans per game at the Budweiser Gardens.
- Saint John was next averaging 1,751 a game, and Moncton third at 1,607.
- At the bottom of the nine-team league were Mississauga averaging 569 a game and Windsor at 706.

may choose to opt out, or a majority of the teams will call it quits — hence the Lightning's dueling plans at this point.

"So maybe the remaining teams find other potential markets to expand into to start up an offshoot of the NBL of Canada. All those items will be discussed privately at the owners' meetings," Frijia said.

Frijia said after that meeting in Toronto, the Lightning will make a decision which way to proceed. In any case, he said, former NBA star Micheal Ray Richardson will be returning as the Lightning's head coach.

"We have been approached

by all sorts of other leagues for us to play in," Frijia said. "What's happened in London hasn't happened anywhere actually, even in the United States."

"People are amazed when they see our footage. They almost think it was play-acted like that, but it's not. It's the real deal."

Frijia isn't alone when he talks about the success of the Lightning franchise, which drew an average of just fewer than 4,000 people a game at Budweiser Gardens.

U.S. players on the team rave about the large audiences and confirm they are not duplicated in minor pro leagues south of the border.

"Our fans appreciate what we do. Our fans appreciate the entertainment aspect. We are so fortunate to have a great venue and even greater fans," Frijia said.

As for Richardson, Frijia said the third year of his three-year contract will be honoured.

"(Micheal Ray) has always said he'll come back unless there is an NBA opportunity," Frijia said. "But we will probably bring in an assistant coach to do some of the aspects of the coaching and the training process."

Adopt a street to make



Residents on Franklin Avenue in Old South are hoping to get city help in adding hanging flower baskets from the hydro poles as part of a new adopt-a-street program. Vanessa Kinsley, the city's community projects co-ordinator, is walking down Franklin Avenue on Monday. MIKE DONACHIE/METRO

New city program. Community groups asked to get involved in improvements; commitment includes four cleanups per year



MIKE DONACHIE
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Do you think London's streets could be a bit cleaner? If so, the city says it's time to get your hands dirty.

The City of London is about to launch adopt-a-street

— a citywide program that will send a call to arms out to the people.

Following the success of an adopt-a-park program, the street initiative will support people in environmental efforts on their local sidewalks, and it's open to anyone.

"It's similar to adopt-a-park in that neighbours, organizations, businesses, any group, formal or informal, has the ability to adopt a street in London," said Vanessa Kinsley, the city's community projects co-ordinator.

"It can be a neighbourhood street or a section of a bigger road, wherever they want to do it.

"The minimum requirement would be four cleanups per year. We've expanded on the adopt-a-park minimum requirement of two cleanups per year because we feel that streets get a bit dirtier and need a bit more work."

But it's not just about picking up garbage, she explained.

Residents can suggest any improvements they want and the city will consider them. It might even throw some money behind them.

"It could be anything," Kinsley continued, "from the minimal cleanups to potential boulevard planting, getting rid of (large open spaces of grass) and putting in some more horticulture and low-maintenance perennials, things like that."

But — and this part's important — there's no intention to replace city services with volunteers. Anything done under adopt-a-street is "extra, over and above" what's done by city staff or contractors, Kinsley said.

The new program, which brings together several city hall departments, won't launch until next week at the earliest, Kinsley said, but already people in the community are hearing about it and coming forward with ideas.

First was a resident of Old South's Franklin Avenue, where the idea is to add hanging baskets to the hydro poles.

"We have some ability to provide small amounts of funding towards buying some plant materials and providing materials for beautification, as long as residents are willing to commit to ongoing maintenance, like watering," Kinsley said.

It's all about getting people involved, with the city ready to donate things like gloves and garbage bags for those all-important cleanups.

They can even give kits to help with graffiti and similar problems, although Kinsley stressed that will only happen if people ask for them.

Success stories

Partnerships across the city keep fuelling park improvements, city planner John Fleming has said. Success stories include:

- The Fanshawe Optimists contributed \$75,000 to pay for work in Constitution Park.
- The London Homebuilders Association maintained the Cancer Survivors Garden at McKillop Park through funding and in-kind support.
- Supporters across the city donated a total of \$50,000 in 2013 to enhance facilities at sports fields in city parks.
- The Carolinian Food Forest encouraged 150 people to help plant edible plants alongside the Thames River in the South Branch Park.

Quoted

"We've expanded on the adopt-a-park minimum requirement of two cleanups per year because we feel that streets get a bit dirtier and need a bit more work."

Vanessa Kinsley, London's community projects co-ordinator

it better



projects co-ordinator, is shown walking

Numbers don't lie

Prettier parks across the city

Community involvement has been paying off for London's parks, a city council committee was told Monday.

A report from staff to the community and protective services committee outlined 119 park projects completed last year that were "successfully completed due to outstanding community support."

The numbers don't lie, says a report from city planning chief John Fleming.

The 119 projects — more than in any of the past five years — cost the city \$75,000.

The total value of cash donations, in-kind donations and volunteer time was about \$800,000.

The number of adopted parks doubled last year, to 32 from 16.

There's a long list of projects and partners included in the report.

For example, about 5,400 volunteers got involved in planting all over the city.

The volunteers planted everything from trees to wildflowers.

"Community partners continue to support enhancements to city parkland that provide new or expanded amenities for the benefit of all Londoners," Fleming writes in his report.

Along with the city's new adopt-a-street idea, the program's success has led to the launch of adopt-an-ESA, benefiting environmentally sensitive areas.

Vanessa Kinsley, London's community projects co-ordinator, is excited about the city's use of community partnerships.

"I think it's fantastic if people can come together. It really does strengthen neighbourhoods getting people to work together and take ownership of their public spaces together."

MIKE DONACHIE/METRO

Police ask city to fund deficit

"The London Police Service is requesting that the deficit be funded by City of London reserves."

That's the all-important line in a report that's likely to spark new tension at city hall Tuesday.

It's only a few weeks since police Chief Brad Duncan was denied his requested 3.3 per cent funding increase during the 2014 budget process.

A council meeting on Feb. 25 saw the cops awarded 2.9 per cent, with the chief then telling media he would try to meet the expected 2014 shortfall from a reserve fund.

During that same media conference, he said there was still a shortfall to be met from the police budget in 2013, and now he wants the city's help with that problem.

The size of the problem is \$268,000.

It's the big topic at Tuesday's corporate services committee meeting.

The report blames "higher costs related to WSIB claims, personnel and contributions to reserve funds, particularly offset by additional revenue collected from government grants and subsidies and user fees." MIKE DONACHIE/METRO



Police Chief Brad Duncan
METRO FILE



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Bicycles, bicycles everywhere. Bikes were among some of the hottest commodities at Monday's London Police Service auction. SCOTT TAYLOR/METRO

Police hit the auction block

Bikes, tools, guitars. You name it, people bought it on Monday

The bicycles, more than 250 of them, were standing in a row Monday almost as long as the warehouse itself as potential buyers gave them the once-over.

Others studied power tools and guitars and laptops.

Welcome to the London Police Services auction, the biannual extravaganza held at McKenzie's Associated Auctioneers. At these events, you can find everything from bikes to baseball bats on the block for the public to buy.

Some of the items — including a Rolex watch, printers, electric bikes and running shoes — were seized

or recovered from investigations, while others were turned in by the public.

One London man who was checking out the bikes said he was looking for a special make and model before getting into the bidding.

"I'm hoping to find the two that were stolen from me," he said.

If that didn't work out, there were still a couple of others he liked.

A McKenzie's employee said there were a number of high-end cycles up for bid.

Dana Harris, who works in the property department for the London police, said it took just six months to compile everything that was in the large McKenzie's showroom.

There's always a variety of merchandise, she said, but the bikes seem to really pull

At a glance

Some of the more interesting items up for bid at the police auction:

- Pierre Cardin watch, Givenchy watch, Samsung 40-inch TV, Bushmaster binoculars, DeWalt compound mitre saw, Mastercraft drill press.

people in, especially in the spring.

"People will pay anywhere from \$5 to what I think was \$600 paid for one, once," she said.

The auction proceeds go to the Police Services Board to make up for budget shortfalls and cover other expenses.

SCOTT TAYLOR/METRO

Mars, landmine detection come out top at science fair

Two London Central students have tied for the top prize at last weekend's Thames Valley Science and Engineering Fair.

Grade 12 student Victor Ling earned top honours for his project called Unlocking the Geology of Mars, while Grade 10 student Aleksa Bjelogrić's project was dubbed Autonomous Landmine Detection System.

Ling's project was designed to gain more of an under-

standing about what's happening under the Red Planet's surface.

"Craters are natural windows to the underground, so my project looks at 1,000 craters using data from NASA satellites and high definition and thermal images to answer some key questions about Mars," Ling said.

Bjelogrić's project, meanwhile, has direct implications for life on Earth. Using elec-

trical engineering techniques, he designed a device that can be used on a rover to sweep a landmine field and help identify the location, as well as the depth, of each mine encountered.

"There are 110 million landmines buried around the world and they kill 15,000 (to) 20,000 people each year," he said. "I'm trying to make the job of these deminers easier and more efficient." METRO

Ninety-nine of 100 agree. Coalition says vote proves ire against private clinics

More than 99 per cent of people who voted in an Ontario Health Coalition (OHC) referendum support services at public hospitals over contracting those services out to private clinics.

The coalition released the results Monday, about a month after they started ramping up support.

In London, 8,164 people who voted supported public hospitals, while just 16 people voted for private clinics.

The ad hoc referendum was organized after the health coalition learned the provincial government was planning to contract some hospital functions, such as colonoscopies, to private clinics.

OHC executive director Natalie Mehra says she doesn't see "how the government can ignore" the results.

"We tried to create a democratic forum so that people could choose whether or not they wanted private clinics and have their say," she said.

She said the response was

By the numbers

- More than 100 voting stations were open.
- More than 200 workplace votes were organized.
- More than 400,000 leaflets were distributed.
- 55,767 voted in favour of stopping private clinics.
- 107 votes were in favour of private clinics.

overwhelming.

"People have been emailing and calling us all (last) weekend demanding to have a chance to vote to protect their local hospitals," she said. "Almost no one is in favour of private clinics."

The London Health Coalition staged a bed-in last month to raise awareness about the issue and the referendum. **METRO**

Civic action

"People have been emailing and calling us all (last) weekend demanding to have a chance to vote to protect their local hospitals." OHC executive director Natalie Mehra

Sex, drugs 'n' rock. There's more to it than you think

Some heavy Western University thinkers are delving into a particularly weighty topic: the immortal world of sex, drugs and rock 'n' roll.

As part of a new lecture series, folks from Western's psychology department will explore why the mantra of the '60s refers to more than pop culture and, instead, correlates to the pursuit of pleasure as a central part of human nature.

The free lectures are part of the six annual Psychology: The Science of Being Human presentation starting at 7 p.m. Thursday at the Central Library (251 Dundas St.).

The first lecture will focus on the scientific study of sex. Other lectures include Addiction: It's What You Expect, on April 17, and Music on the Brain: Why Music Moves Us, on April 24.

METRO

Ivey Business School

Paul Martin to host Family Business Day

A big name in politics is coming to London to help Ivey Business School mark a special day.

Former prime minister Paul Martin will be in town Friday to talk about his

experience working with successful business families.

The talk comes as Ivey marks National Family Business Day, a day set aside to focus on the role family businesses play in Canada's economy.

Martin's event runs from 11:30 a.m. to 1:30 p.m. at the Hilton hotel (300 King St.). Ticket and registration information is available at ivey.uwo.ca/news/events. **METRO**



Community CarShare's Matthew Piggott with one of the Toyota Corollas that the co-op uses. All of its cars are Toyotas made in Ontario. **MIKE DONACHIE/METRO**

Councillors welcome car share program

Unanimous support. Committee enthusiastic about providing sites to park co-op's cars



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Yes, and possibly no, was the answer to a series of requests to the city by London's new car share program.

The arrival of Community CarShare, the co-op that's gathered more than 50 people to access co-op-owned Toyotas as they need them, was warm-

ly welcomed Monday by councillors.

"I think we're all looking forward to the day when we have an active car share program in the city," said Coun. Joni Baechler.

She proposed a motion for the city to provide the co-op with six parking spots, in each of six parking lots. The civic works committee agreed unanimously, sending the decision to full council to vote on next week.

The sites are near Banting House, at Tolpuddle Housing Co-Op, at Oxford and Richmond streets, at Budweiser Gardens, at Ridout and Horton and the lot near the city's

parking enforcement office at 824 Dundas St.

There was also enthusiasm from city engineer John Braam, who said, "I think it's a great idea that's very timely in the event that we're rebuilding and intensifying the core areas of the city."

Community CarShare president Jason Hammond said other cities, such as Hamilton, provide a "founding network" of sites to park cars that can be booked out by co-op members.

But it wasn't a totally clear road. Another request was for a \$150,000 line of credit. That ask will now be assessed by city staff and wasn't on the table for agreement this week.

CarShare facts

- Community CarShare has 35 vehicles used by more than 1,000 people in six municipalities: Kitchener, Waterloo, Hamilton, Guelph, St. Catharines and Elmira.
- Across Canada, there are 20 operators, claiming a total of 141,351 members and 3,432 vehicles.

"We've dealt with requests in the past and made it very clear that the city isn't a bank," Baechler told Hammond.

An artist's archrival: Gravity



Graham Henning returned this week in an attempt to keep his sculpture upright. **MIKE DONACHIE/METRO**

There's some frustration and plenty of determination for the London artist with a unique sculpture in the Central Library.

Last week, Graham Henning completed Book Arch, a freestanding arrangement of 78 books, all borrowed from the library using his own library card. Most of the books, fittingly, are about art and

architecture.

Once it was up, though, the arch fell down. Twice.

That's left Henning puzzled because he created a similar arch of books 10 years ago and it didn't fall down. He's trying different solutions, including a new shape for the arch.

He was back in the library Monday to experiment.

"I'm the type of person to persevere," said Henning, a graduate of the Nova Scotia College of Art and Design. "I'm frustrated and, as much as people say it's about the (artistic) process, I want it to be successful."

The arch will remain for about a month, until the books on loan are due to be returned. **MIKE DONACHIE/METRO**

Liberals win Quebec vote with majority government

Politics. PQ Leader Pauline Marois' future may be uncertain after failing to deliver

The Quebec Liberals won Monday's provincial election with a majority government in what could be a devastating blow to the sovereignty movement.

Philippe Couillard's party won or was leading in about 75 of the province's 125 ridings, outstripping the Parti Québécois and the Coalition.

The PQ formed a minority government in September 2012 when it won 54 seats with 32 per cent of the popular vote.

The PQ had hoped to capitalize on identity politics, as it did in 2012, by making its secular charter the focus of the campaign.

But that plan was derailed when star candidate Pierre Karl Peladeau, his fist pumped,



Quebec Liberal Party Leader Philippe Couillard and his wife Suzanne Pilote walk into the campaign headquarters for election returns on Monday in Saint-Félicien, Que. JACQUES BOISSINOT/THE CANADIAN PRESS

announced just days after PQ Leader Pauline Marois called the election that he had left the business world for politics so he could build an independent Quebec for his children.

Couillard repeatedly asserted during the campaign

that a PQ majority government would mean another referendum, which polls constantly suggest is something a majority of Quebecers do not want.

Marois' future as PQ leader may now be uncertain given

that she was unable to deliver the majority government she so desperately wanted when she called the election in early March.

The 33-day campaign was considered one of the nastiest in decades.

Voters complained in the weeks leading up to the vote that bread-and-butter issues had received little attention as politicians fired potshots over the possibility of another sovereignty referendum or challenged each other on ethics.

Marois, whose party formed a minority government in the 2012 election, was hoping to win a majority of the province's 125 ridings — a scenario that could eventually lead to another referendum.

Pundits warned, however, that a PQ loss could set the sovereigntist agenda back years.

Marois was the first of the main leaders to vote Monday.

"It is a beautiful day," she told reporters after she cast her ballot in the riding of Charlevoix-Cote-de-Beaupre, northeast of Quebec City.

"I am very serene at this moment. I trust Quebecers will choose a good government to lead them and I am confident about tonight."

Quoted

"I am very serene at this moment. I trust Quebecers will choose a good government to lead them."

Pauline Marois, after casting her vote Monday.

Couillard, who trained as a neurosurgeon, was asked Monday whether it was more stressful performing brain surgery or trying to become Quebec premier.

"They're pretty different but in some ways they're quite alike," he replied, after voting in his riding of Roberval, a few hours north of Quebec City.

"We are fortunate to live in a democracy where we vote for our government every four years — or sometimes more often ... I'm happy about the campaign we had. I'm confident about the result, but it's now time for citizens to speak. Politicians have spoken enough." **THE CANADIAN PRESS**

Homelessness

'Housing first' approach battles homelessness, saves money

New conclusions by the Mental Health Commission of Canada suggest the "housing first" approach to battling homelessness is showing real results.

The report shows more than 2,000 homeless Canadians diagnosed with mental illness have found stable housing in all regions of the country over a two-year period.

The massive At Home/ Chez Soi pilot project, created in 2008 following a \$110-million investment from the federal government, has proven effective for people from diverse cultural backgrounds and circumstances.

The study suggests it has also been cost-effective, with every \$10 invested resulting in cost savings of almost \$22.

THE CANADIAN PRESS

Health care

Doctors' group says it's time to prepare for legal assisted suicide

A group of palliative-care doctors says it's time to move beyond the "yes or no" debate about physician-assisted death and begin preparing for its eventual legalization in Canada.

The doctors say in a commentary in the Canadian Medical Association Journal that physicians need to discuss potential policies and guidelines for legally assisting death.

They argue that assisted suicide may become legal if the Supreme Court of Canada overturns a 2012 B.C. court ruling that deemed a ban on the act unconstitutional.

The High Court will hear an appeal of the case in which the B.C. court granted Gloria Taylor a constitutional exemption to get help to end her life. The ALS patient did not use the exemption, but died of an infection. **THE CANADIAN PRESS**



Royals heading Down Under

Catherine, Duchess of Cambridge and Prince George of Cambridge arrive at Wellington Military Terminal Monday in Wellington, New Zealand, where the Royal Family has arrived for the first day of a Royal Tour. The Royal trio will visit 12 cities in New Zealand and Australia, taking part in activities including a yacht race in Auckland Harbour, paying their respects to victims of the 2011 earthquake in Christchurch, and visiting Ayers Rock.

CHRIS JACKSON/GETTY IMAGES

Victims' rights. Justice minister: Courts should compel spousal testimony

Allowing people to refuse to testify against their spouses is an "obstacle" to getting at the truth in a court of law, says Justice Minister Peter MacKay.

Currently, under the Canada Evidence Act, spouses can refuse to testify against their partners except in certain specific cases such as sexual assaults or those involving children.

Legislation introduced last week by the Harper government would remove that right.

MacKay defended the move Monday at a victims of crime conference in Ottawa, calling the provision outdated.

He said courts need to compel testimony from all witnesses of crime, including spouses.

"We do not feel that spousal immunity should present an obstacle to bringing important evidence before a court of competent jurisdiction," said MacKay.



Peter MacKay THE CANADIAN PRESS FILE

"We feel that in cases of murder, in cases of terrorism, serious fraud, if a spouse has important evidence that the court needs to consider, that evidence should be there."

Some lawyers have predicted the measure will have little impact on a system where spousal testimony comes into play in relatively few cases.

THE CANADIAN PRESS

CANADA CAN'T ALWAYS GET WHAT IT WANTS

Our nation prefers immigrants from specific professions, but most don't fit the narrow bill and face challenges seeking employment.



Adaptability. Many educated newcomers must reinvent themselves in order to find success



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Engineers. Give us engineers.

That's the message that flashes before the eyes of any immigrant who takes a look at the list of 24 "eligible occupations" on the website of Citizenship and Immigration Canada, the federal government agency charged with making sure Canada gets the immigrants it needs.

And there are many types of engineers: Civil, mechanical, mining, petroleum, aerospace and geological. Then there are the medical lab technologists, physiotherapists, sonographers and similar health care workers. Land surveyors are on the list, too, and computer programmers.

Those 24 eligible occupations, each with 300 spaces to

fill every year, will get you into Canada as part of the federal skilled worker (FSW) program, even if you don't have a job lined up.

But, instead of a large crop of engineers, Canada's attracting more immigrants along the lines of people like Shirley Edwards.

A highly qualified teacher from the Carlisle in northern England, Edwards came to Canada in 2005, and, simply put, it's been a struggle.

The Calgary resident gained entry to Canada as the wife of a police officer who was headhunted in England, and thought that, with vast experience and two degrees, she would find a job here easily.

She was wrong.

After six years, she had applied for 400 jobs that suited her qualifications and had been invited to exactly zero interviews.

"I gave myself three months, and, if I hadn't found something in three months, I would have to go back to the U.K.," said Edwards, 50, who was by then single and working what she called "a survival job" in a retail store.

What she found was she needed to, in a word, "Canadianize" herself to succeed.

With help from the Calgary Region Immigrant Employment Council, a non-profit that specializes in helping skilled newcomers find the right role,



Shirley Edwards, 50, born in the U.K., isn't exactly the kind of immigrant Canada's looking to attract. She was forced to reinvent herself to find success in the country. CONTRIBUTED

Brain waste

The selection process

Sociology professor Jeffrey Reitz, of the Munk School of Global Affairs at the University of Toronto, thinks Canada has the wrong focus when it comes to immigrant employment.

Because most immigrants' work experience doesn't match the list of jobs the government wants filled, the

focus should be instead on getting more newcomers' qualifications validated, he says.

He studied trends in the success of immigrants with university degrees and discovered that educated newcomers are facing increasing difficulty in landing professional or management jobs.

He found that 70.7 per cent of educated, Canadian-born men were in a high-level occupation in 1996, but only 50.4 per cent of

immigrant men with similar backgrounds could say the same. By 2006, that figure for Canadian-born men was similar, but for immigrants it was down to 43.5 per cent.

Reitz calls it "brain waste." "Part of the concern is that, since about 2005 or (2006), we've shifted away from focusing on the problem by selecting immigrants differently, getting away from university education and trying to get immigrants who already have jobs to come into

the country."

Reitz wants to see more services that validate the qualifications immigrants already have.

For example, the organization World Education Services will certify credentials for \$115, and helps about 10,000 people a year. Mentorship programs and "bridge training" offered by groups like the Toronto Immigrant Employment Council also help get newcomers on track to find work. **MIKE DONACHIE/METRO**

Edwards learned a lot.

She started networking and volunteering, and made her resume "more Canadian," changing small things like her British email address.

Eventually, it worked.

Now, she's using her skills at the Bredin Centre for Learning, which helps immigrants find jobs.

And on March 26, she and

her 12-year-old son took their oaths to become Canadian citizens.

"People need to accept that they will not be working in the place they expect," Edwards said.

So, does the reality of economic immigration reflect the government's desire? In a word: No.

A breakdown of last year's

257,887 new permanent residents by occupation, obtained from the CIC, shows that just 65,330 were qualified in the government's much sought-after list. Another 12,609 were clerical workers, labourers or something similar.

The rest, some 179,948? They were classified as "other."

"Other contains a diverse range of occupations," said

a CIC spokesperson. "For example, it could be a spouse (a homemaker) and two children of a principal applicant, or it could be individuals admitted through a software pilot program, or whose occupation is not captured in National Occupations Classifications."

Whatever the explanation, it's clear that most people coming to Canada aren't engineers.

THE STORY OF US: IMMIGRATION IN CANADA, TOLD IN FIVE PARTS

Day 1
Change and effect

1

Day 2
What Canada wants
vs. what it gets

2

Day 3
Where we come from,
where we go

3

Day 4
Happy times, hard times

4

Day 5
The future and beyond

5

Online

Live the stories of three immigrants in our five-part video series at metronews.ca



U.S. airline complaints drop despite rise in late flights

Report. While griping is a national pastime, few bother to lodge official complaints with airlines

A big drop in customer complaints helped U.S. airlines post their best ratings ever even though more flights were late and more bags were mishandled, according to a report released Monday by university researchers.

Virgin America topped the ratings, and three regional airlines scored at the bottom.

Among the four biggest airlines, Delta ranked best followed by Southwest, American and United, according to researchers from Wichita State University and Embry-Riddle Aeronautical University.

The researchers have graded airlines since 1991 on government figures for on-time per-

Key report findings

- **On-time performance:** Airlines operated 78.4 per cent of their flights on time in 2013, down from 81.8 per cent in 2012.
- **Bag handling:** The rate of lost, stolen or delayed bags rose 5 per cent.
- **Bumping:** The rate of bumping passengers from flights fell 8 per cent.
- **Complaints:** Consumer complaints to the government dropped 15 per cent in 2013 after rising 20 per cent the year before.



Delta Airlines scored highest for customer service among four biggest American airlines in report. DAVID MCNEW/GETTY IMAGES

formance, mishandled bags, bumping passengers, and complaints filed with the U.S. Department of Transportation.

One of the report's authors, Wichita State business profes-

sor Dean Headley said the drop in complaints might also reflect "a certain amount of resigna-

tion" that "it's never wonderful for airline passengers."

THE ASSOCIATED PRESS

Study

Canadians hanging up on landlines, TV

More Canadians are ditching traditional telephones and TV services, according to a new study. The Convergence Consulting Group said by the end of 2014 it expects 26.3 per cent of Canadian households will not have landline telephones. **THE CANADIAN PRESS**

Market Minute



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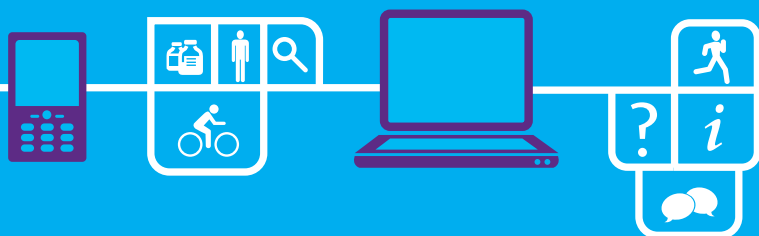
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NO, DIVORCE IS NOT LIKE DIETING

Gossip magazines would have us believe that celebrities are “just like us” but the truth is quite the opposite. Sure, they might pump their own gas or shop at Whole Foods from time to time, but few of us plebs will ever truly live life like the rich and famous.

And so when Gwyneth Paltrow recently ended her 10-year marriage to Coldplay frontman Chris Martin, she didn’t release a statement regarding an impending divorce or separation; she took to her lifestyle blog GOOP to announce that they were “consciously uncoupling.”

It should come as no surprise that Paltrow, a woman known for her impossibly healthy diet and unattainable lifestyle, even does breakups better than the rest of us. The term ‘consciously uncoupling’ implies an enlightened and amicable process free of all of those messy emotions us regular humans have to deal with.

Always the trendsetter, Paltrow encourages her GOOP



SHE SAYS
Jessica Napier
metronews.ca

disciples to pursue this highly evolved approach to divorce. For just \$297, you too can enrol in an online course that will teach you how to separate like the stars. Relationship guru Katherine Woodward promises to guide participants through a five-week program designed to “release the trauma of a breakup, reclaim your power and reinvent your life.”

Call me cynical, but I don’t really buy into this New Age philosophy of an elegant and spiritually fulfilling divorce. Ending a long-term relationship is a complicated and extremely personal journey and Paltrow’s conscious uncoupling seems to oversimplify the process.

Trying to turn something as traumatic as a divorce into another item for your lifestyle blog seems to undermine the seriousness of the matter. A breakup announcement shouldn’t be a tidy little note sandwiched between advice on buying the perfect pair of jeans and a recipe for three-

bean salad.

I personally subscribe to the everything-in-moderation theory. That goes for junk food as well as raw emotions. Sometimes you just have to feel your feelings and yes, that can result in toxic behaviour such as finishing a bottle of wine by yourself while creeping through your ex’s Facebook profile.

Of course, excessive alcohol consumption and wallowing in self-pity are not GOOP-approved behaviours. Paltrow has transformed herself into an aspirational lifestyle brand and she’s made a lot of money in the process. She preaches a regimented way of life that few of us could ever hope to achieve. She has a sculpted yoga-made body, a fridge full of macrobiotic vegetables and all of her chakras in alignment.

But emotions are not gluten: You can’t simply go on an elimination diet and detoxify your mind. Experiencing feelings of sadness and grief at the dissolution of a marriage are totally normal and healthy, even if they don’t align with Paltrow’s Zen-like approach to living.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

It’s a mammoth of a task



BUDDHIKA WEERASINGHE/GETTY IMAGES

Canadian sculptor hones her skills

Canadian sand sculptor Karen Fralich finishes Mammoth Under the Glacier, an installation at the Sand Museum in Tottori Dune in Tottori, Japan. The seventh annual sand sculpture exhibition hosted by the world’s first sand museum features the theme Russia, marking the 2014 Winter Olympic Game in Sochi. The exhibition is open from April 19 to Jan. 4, 2015. **GETTY IMAGES**

A dirty job

Fralich first started sculpting pottery clay at the age of 14 at a studio in Guelph, Ont.

- She developed her sculpting skills for 11 years, making small animal figurines.
- Eventually she was hired by a professional sand sculptor to create visuals for a mall exhibit.
- For the next four years,

she learned everything she needed to know about sand sculpting, while working full time in the food service industry.

- In 1998, she entered her first competition and soon after began working as a freelance sand sculptor full time.
- She’s a three-time world champion sand sculptor.

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MetroTube

Scenery not so static in New Zealand



ANDREW FIFIELD
metronews.ca

If you happen to be bobbing in open ocean, it’s good to know what a dorsal fin is attached to before deciding to drift over for a closer look. Especially if, like the surfers who saw this, you happen to be in New Zealand waters, where the orca population is around 200. Happily for them and us, everything worked out beautifully here. (Via YouTube user wackedcat)



GETTY IMAGES

2 SCENE

Shy Birdy no longer waiting in the wings

Teen songbird.

U.K. singer's career soars on the strength of her fragile songs

EMILY
LAURENCE

Metro World News in New York City

She's an unlikely celebrity. Birdy, whose real name is Jasmine Van den Bogaerde, has to be prodded a bit to perform and is too shy to make small talk with the crowd. But when she sings, people listen. Like Lorde, she represents a new type of pop star — one that's less shiny, yet can't help but capture your attention.

"I love that there's such a range of pop and alternative music on the charts," Birdy tells us over the phone from Berlin, where she's performing at the Echo Awards. (She won Best International Rock/Pop Artist later that night.) She admits to listening to Taylor Swift just as much as Bon Iver, whose song *Skinny Love* she covered. The result catapulted her to fame.

"That song is so fragile and it reminded me of songs that I write. I really connected to it," she says.

Birdy released an album of cover songs in 2011 with her take on artists like Phoenix



Seventeen-year-old British singer-songwriter Birdy. BOO GEORGE

and Death Cab for Cutie. Now, she's releasing an album of her own original music this

summer, which she is currently on tour promoting.

"Releasing my own original music is both exciting and scary," she says. "The past few years have been full of new experiences and challenges, which I wrote about. (At first), I didn't want to write about anything really personal, but I ended up doing it because it's

hard to get around it." Birdy says that when she composes, the music often comes to her before the words do; she also explains that her songs are more about a feeling than a story.

Though her work is more ethereal and less bubble-gum pop, Birdy insists that she's a typical One Direction-loving teen. Still, most high schoolers can't brag about having a song on *The Hunger Games* soundtrack or collaborating with Mumford & Sons.

But despite her accolades, and perhaps in spite of her shyness, Birdy says the biggest highlight of rising fame for her has been travelling to Australia and playing to sold-out crowds.

Striking a pose

Besides the stage, you can also see Birdy on billboards; she's the latest model in Gap's new campaign. It looks like this songbird is beginning to spread her wings.



Review



The Hobbit: The Desolation of Smaug

Director. Peter Jackson

Stars. Martin Freeman, Evangeline Lilly, Orlando Bloom, Richard Armitage

A child's tale becomes more of a grown-up's in *The Desolation of Smaug*, the fire-breathing second chapter of Peter Jackson's ongoing screen trilogy based on J.R.R. Tolkien's *The Hobbit*.

Reluctant hobbit hero Bilbo Baggins (Martin Freeman) finds his courage and his possible curse, the latter threatened by the enchanted ring that will fuel further Middle-earth adventures.

Bilbo's still in the company of 12 dwarf warriors, led by exiled Prince Thorin Oakenshield (Richard Armitage), and they're joined by elf archer Legolas (Orlando Bloom), who isn't supposed to appear until the following *The Lord of the Rings* trilogy, as well as elf wonder woman Tauriel (Canada's Evangeline Lilly), an entirely new creation designed to add a needed jolt of estrogen to the proceedings.

It's a lot to take in, yet it serves to move the story forward, making us anticipate this fall's final chapter and confrontations.

PETER HOWELL

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Kevin Spacey GETTY IMAGES

Kevin Spacey doesn't want a part in your crappy movie

Kevin Spacey has certainly earned the right to be picky about his acting gigs. Just ask him. "Unless it's a really significant role, f—k off. I'm not playing someone's brother. I'm not playing the station manager. I'm not playing the FCC chairman," he tells the Hollywood Reporter in a rather candid interview.

"There are a lot of people out there who offer roles to actors because they'll elevate their movie to a place the movie would never reach. They offer them a s—load of money for a crap part, but it doesn't make the movie any better. And I'm not interested in elevating someone's crap movie."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Maisie Williams says Arya Stark is rotten inside

MELINDA TAUB

Metro World News

It's tempting to keep defending little Arya Stark, who's one of the closest things to a protagonist that Game of Thrones has. But (spoiler alert) as those who saw Sunday night's season premiere know, Arya is well on her way to becoming a stone-cold killer. Even Maisie Williams, who portrays Arya, says her days of being a sweet kid are behind her. "This year, at the end of Episode 1, just when you thought things were going



downhill, you're treated to an Arya whose heart is now black, and she's rotten on the inside," Williams told the Daily Beast.

Having lost both parents and (she believes) all her brothers, Arya's transformation is understandable — but, Maisie says, it may also be irrevocable, even if Arya gets good news. "Even if Arya knew that Sansa, Bran, Rickon and Jon Snow were alive, I feel like she'd just go, 'Cool ... good luck,'" she says.

Is Naomi Campbell attracted to Magneto?



Naomi Campbell GETTY IMAGES

Naomi Campbell is about to make millions of women — not to mention more than a few men — jealous, as the supermodel is reportedly dating Michael Fassbender, star of 12 Years a Slave, Shame and X-Men: Days of Future Past, according to U.K. daily The Sun. Sources spotted the pair recently meeting up at London restaurant Coya, where they were "openly hugging and kissing."

Richard E. Grant's 'naughty' tweet

Downton Abbey creator Julian Fellowes is all about decorum and manners, and that sometimes means setting limits for his actors on things like Twitter. "We had to explain to the cast about the dangers of tweeting as no one realized how interested everyone was in the show," he tells the Telegraph. It seems new cast-member Richard E. Grant didn't get the memo — he tweeted a photo of himself in costume on the Downton Abbey set. "He's very naughty," Fellowes says.



Richard E. Grant tweeted this photo of himself on the set of Downton Abbey. TWITTER

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Taking fitness to the next level

You're going to the gym religiously and loving it, but something seems to be missing. It may be time rethink the way you look at exercise by adding new elements to your routine. The experts break down the benefits of rounding out the way you work out.

IZABELA SZYDLO life@metronews.ca

Massage therapy

"Before you start training, massage therapists can identify areas of weakness through a thorough assessment," says Omar Lunan, a registered massage therapist (RMT) and owner of the Toronto-based mobile massage therapy clinic Core Care Wellness Centre (corecarewellness.ca). "Treating structural imbalances can eliminate pain and help focus on other areas that need strengthening. Delayed onset muscle soreness and slight inflammation are common post-workout concerns. Massage can decrease lactic acid build-up by increasing local circulation to muscles, decrease inflammation and directly affect muscle tone. If your range of motion isn't Olympic standard, which for most people it isn't, identifying if the restriction is neurologically based will allow an RMT to employ passive, active or resisted types of stretching to change muscle length and allow for more freedom. After a workout, a relaxation-focused treatment can ensure a good night's rest, essential for post-workout repair."



Meditation

"Yoga offers many physical benefits — increased strength, improved flexibility, stress relief — but students often discover that the greatest side effect of yoga is how it benefits the mind," says Annabel Fitzsimmons, a yoga instructor with 15 years of teaching experience, who can be found at anna-belfitzsimmons.ca. "At its core, yoga is about creating awareness and heightening the mind-body connection. As we pay close attention to alignment and the physical sensations of each posture, and become conscious of the breath and its effect on the body, we train our minds to let go of the distractions that constantly fill our heads. Through yoga we can experience a meditation in motion, letting the mind become focused and calm as we move from posture to posture."



Cardio and resistance mix



"To maximize fitness levels, having a balance of cardio and weight training in your fitness regimen is key," says Christian Alvarez, fitness director at Toronto's Strength-N-U fitness facility (strength-n-u.com). "Lifting weights prior to doing cardio ensures that glycogen (the body's readily available energy source) is depleted so stored energy (fat) is used immediately after. Safely pushing your limits with a routine that includes cardio and resistance will directly affect muscular and cardiovascular strength, and endurance. This means less fatigue and the ability to train faster, longer and harder. Because the heart is also a muscle, the increased output of blood increases the 'pump' feeling while weight training, resulting in burning more calories per workout and an increase in your metabolism for the day."

Cleanse



"Weight loss is 80 per cent food and 20 per cent exercise but it is 100 per cent about how you feel. Bloating and digestive discomfort make your pants fit poorly and your self-esteem take a nosedive. So, I always suggest that clients 'cleanse,' but not with liquid diets. What works is removing or reducing foods that contain baker's yeast (which can cause bloating)

and adding chia. This super-powered seed swells to absorb water in the bowel and gives you a solid happy, um, 'go.' A flatter tummy is more motivating than a liquid cleanse that can cause too many uncomfortable trips to the toilet. Start with a teaspoon sprinkled on breakfast and build up to a tablespoon each day. You will also help curb the appetite that can actually increase when you start a gym routine," says nutritionist Theresa Albert of myfriendinfood.com.

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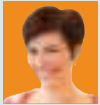
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News worth sharing.

A stew that doesn't discriminate

Healthy Solutions

The most wonderful time of the year



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It's beginning to look a lot like Community Supported Agriculture (CSA) season!

Ever popular in farming communities and springing up everywhere in cities, a box of seasonal veggies, fresh from the farm, is a welcome part of our growing season. There is nothing like knowing the person who planted, coaxed to life and harvested your food. To see the grimy hands (sorry, farmers, but it's true!) that spend hours in the earth for your health and enjoyment corrects the perspective on how much food should cost and where it should come from.

The only objection I have ever encountered to ordering a CSA box is the foods that can arrive at your door that are completely new to you. Not knowing how or what to cook can be an issue. Keep these rules in



mind:

- Most root vegetables are interchangeable in recipes. If yours calls for turnip and you only have some gnarly Jerusalem artichoke or parsnips, use them.
 - Cut the leaves off everything as soon as you get them. Store them separately and use them as you would any dark leafy green: in salad or sautéed. Carrot tops, beet tops and radish tops are all edible and delicious!
 - Don't rinse greens until you are about to use them. Then, spin them well and store with a paper towel in plastic in the crisper.
 - Kale, spinach and chard are also interchangeable either raw or cooked. One exception is that collards take a little longer to cook and are too tough to be eaten raw.
 - Any herb can be blended with olive oil and stored in ice cube trays. Then a freezer bag will hold them until you are ready to stir them into any soup or sauce.
- Google "CSA" in your area. It will force you to experiment with new recipes and expose you to new nutrients.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Any Vegetable Coconut Stew. Throw in leftovers, favourites and any other veg you may have in your crisper for a hearty meal

THERESA ALBERT
Metro World News

FLASH FOOD



From your fridge to your table in 30 minutes or less

You know how you end up with a bunch of stuff in the fridge and you don't know what to do with it?

This Any Vegetable Coconut Stew is great for vegetarians, vegans, gluten-free peeps as well as the rest of us hungry and hurried.

Feel free to add leftover chicken, beef or pork to bump up the protein. No need for rice because there are plenty of starchy carbs in the roots.

Any root vegetable can be used in combo to about six cups chopped. Peel rutabaga, Jerusalem artichokes and parsnips but leave peels on potatoes, carrots, turnips and sweet potatoes. Any green can be stirred in at the end: kale, spinach, chard, beet greens or even zucchini.

1. Heat a large pot over



This recipe serves four. THERESA ALBERT

Ingredients

- 1 tsp grapeseed oil
- 1 onion, chopped
- 1 tbsp curry powder
- 2/3 cup cashews
- 1 small sweet potato
- 1 parsnip, peeled
- 1 large turnip
- 1 can coconut milk
- Dash hot sauce, to taste
- 1 cup chopped kale (or spinach, chard or beet greens)

medium heat, add the grapeseed oil then chopped onion and stir for 3 minutes until softened and slightly browned.

2. Stir in the curry powder and then the cashews. Allow that to cook for about 2 minutes.

3. Chop the small sweet potato, peeled parsnip and turnip and add all of them to the pot.

4. Pour the can of coconut milk and hot sauce (your fa-

vourite) and cover the pot to simmer for about 10 minutes.

5. Stir in the chopped kale or whatever greens you like. Cover and allow to cook for about 2-4 more minutes.

Ladle into bowls and serve immediately.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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DISCOVER OPTIONS AT FANSHAWE COLLEGE

Being a single mom and working full time, Linnai Haggitt never thought going back to school would be an option for her.

But then she found Fanshawe College's continuing education bookkeeping certificate and has been able to juggle work, school and family life with ease.

"The majority of my classes have been online, which provided me the flexibility to study and complete assignments promptly in the comfort of my own home," Haggitt says. "Since starting the continuing education bookkeeping program, I have advanced within my company and still continue to take courses to broaden my knowledge."

Bookkeepers are vital members to any organization and trained professionals are always in demand.

"Today's professional bookkeepers are constantly facing new challenges in a rapidly changing business environment," says Scott Dart, academic services consultant, Fanshawe College.

"Businesses are now demanding the

CIB DESIGNATION

Fanshawe College's continuing education bookkeeping certificate meets the Canadian Institute of Bookkeeping's (CIB) academic requirements towards the certified bookkeeper designation. For the first time, bookkeepers will have the opportunity to complete a professional development program and become members of a recognized profession.

services of well-qualified bookkeepers that can also act in the capacity of bookkeepers, accounts receivable/payable supervisors, administrative assistants, payroll administrators, office managers, budget co-ordinators and assistant controllers."

The program starts with the basics and develops the skills and knowledge required in today's professional environment.



Linnai Haggitt

CONTRIBUTED

Students will gain skills in accounting, payroll personal taxation, business tax, accounting software, Excel and Microsoft Office.

Dart says students will also have the opportunity to learn about small business management.

"The bookkeeping field has been around for a long time and is now making a resurgence as employers realize that computer software does help with producing accurate

work and reports and does make for increased efficiency, but it does not replace the skills of well-trained workers," Dart says. "Graduates will have the skills and knowledge to work in the field."

Successful students will know the basics of bookkeeping, related software and payroll, all important areas to small and large employers.

For more information, please visit fanshawec.ca/ce/business.

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Westervelt College houses a graduate employment services department that is located on campus and is available at all times to any student.

"In having this department, the student has access to a professional who is able to guide them through the entire job search process and transition from school to work successfully," says Tracey de Rond, graduate employment services officer, Westervelt College.

"We will even assist students in finding part-time employment while attending college."

Students can ask questions or get assistance with any aspect of their job search through this department.



CONTRIBUTED

Westervelt requires every graduating student to complete the career strategies course instructed by de Rond. The course is usually scheduled in the final term of

their program and is designed to help students put together a marketing plan for their job search.

This includes, at minimum, developing

a professional portfolio, interviewing techniques, social media and effective networking.

"Graduate employment services is an ongoing, lifetime service to students — there is no expiry date," de Rond says. "We continue to follow up with any student who has not found work soon after they graduate and offer assistance."

Westervelt students are taught by professionals who are often still working in their fields to ensure the most relevant and up-to-date education possible.

Employers know that Westervelt courses are accelerated in learning.

Students receive the same level of curriculum as other colleges since Westervelt is required to adhere to the same ministry guidelines, however, in a much shorter time frame (one year or less depending on the program).

"This demonstrates a student's dedication, commitment, motivation and ability to learn quickly," de Rond says. "Employers know our students are well-prepared for their jobs."

For more information about Westervelt College, visit westervelt.ca.



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Wismer director, London Language Institute.

LLI offers a variety of programs that focus on general English preparation for business opportunities in Canada or in the student's home country, and offers pathway programs that prepare students for high school, college and university.

LLI is proud to be working with the Canadian Academic English Language Assessment (CAEL) out of Ottawa and setting up testing centres internationally

around the world. CAEL is an internationally recognized test that is used to assess a student's English proficiency for entrance into university or college.

LLI works with several universities and colleges in Canada and the United States.

And for those looking to teach ESL, LLI has started to offer the TESL diploma program as of January 2014, which is a teacher certification program.

For more, visit llinstitute.com.

UNDERSTANDING THE EXPECTATIONS OF EXERCISE

WESTERN UNIVERSITY

For those individuals who have wondered why they don't like to participate in physical activity or exercise, now is your chance to take part in a study to encourage people to initiate and sustain exercise behaviour.

This research study, titled Thoughts on Exercise, funded by the Canadian Institute of Health Research, is being con-

ducted by Alison Divine, a PhD student, and Dr. Craig Hall of the exercise and psychology lab at Western University.

"One factor that impacts an individual's exercise participation is what they expect to occur as a result of exercise," Divine says.

"These expectations can be variable and can include factors such as losing weight or being healthy. We are trying to understand how these expectations are viewed by those who do not exercise."

Divine says this study will provide valuable insight into how a non-exercise's outcome expectations impact exercise participation, as well as providing insight on ways to encourage more adults to be active.

The study is looking for adults between the ages of 35 to 65 who currently do not exercise.

For more about the study or to participate, call 519-661-3211, ext. 6, or email thoughtsonexercise@gmail.com.



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NBA

Raptors big man charged with DUI

Toronto Raptors centre Jonas Valanciunas has been charged with driving under the influence of alcohol.

Ontario Provincial Police say they began investigating in Wasaga Beach following a report early Monday that a vehicle went through a drive-thru with open beer bottles visible.

Police say officers located the vehicle at a home, where they arrested Valanciunas, 21, alleging he was under the influence of alcohol while driving.

Valanciunas is charged with having greater than 80 milligrams of alcohol in 100 millilitres of blood.

THE CANADIAN PRESS

Golf

Masters practice rained out

The first full day at the Masters turned out to be a short one Monday.

Augusta National was open for only two hours because of storms, still enough time for a few players to see some of the changes to the golf course — even though this was supposed to be a year with really no change at all.

The ice storm in February that led to the demise of the famous Eisenhower Tree also cost the club countless other trees, giving Augusta a slightly different look. Instead of a forest of pines, players can see from the 10th fairway all the way across to the 15th. Players couldn't help but notice the number of trees missing from the right side of the narrow, claustrophobic seventh fairway.

THE ASSOCIATED PRESS



Knights' defenceman Zach Bell is sidelined with a broken leg following a check by Josh Ho-Sang of the Windsor Spitfires on March 27. The OHL handed Ho-Sang a 15-game suspension Monday to be served at the beginning of next season. ANGELA MULLINS/METRO

Bell's broken leg results in 15-game ban

OHL playoffs. Spitfires' Ho-Sang hit with suspension after 'brutal' hit on Knights defenceman in first-round series



DAVE LANGFORD
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It won't make the pain go away, but Windsor Spitfires forward Josh Ho-Sang was handed a 15-game suspension Monday for a hit that resulted in London Knights defenceman Zach Bell breaking his leg March 27.

The incident happened in

the fourth and final game of the Ontario Hockey League's first-round series between the Knights and the Spitfires in Windsor.

The Knights swept the series, but lost Bell, quite likely for the remainder of the season.

"I'm not going to say he did it on purpose, but I'm not necessarily sure it's a play I would have made," Bell said. "It's a spot six feet from the boards. It's hit or miss. It's a freak accident."

The incident came one game after Knights goalie Anthony Stolarz was given an eight-game suspension for hitting Ho-Sang with a high stick. Ironically, both incidents drew

only minor penalties from the on-ice officials.

Knights' defenceman Dakota Mermis said the timing of the Bell injury was "brutal."

"He's a really tough kid and normally you wouldn't see him lying down like that, and to see him going out on a stretcher, it was tough to watch," Mermis said. "Obviously, we missed him the rest of that game, and we'll miss him as long as he's out."

Meanwhile, the Knights have another round of playoffs to worry about as they are now facing the Guelph Storm in the conference semifinals.

Each team now has one win with Games 3 and 4 in London on Tuesday and Thursday

nights. Both games at Budweiser Gardens are at 7 p.m.

The Knights' assistant general manager Rob Simpson said the two players injured Sunday during Game 2 in Guelph — Mermis and Max Domi — will be in uniform and playing Tuesday.

"Dakota Mermis will be fine for Game 3," Simpson said.

He just blocked a shot in one of those spots on his body "where there is not a lot of protection," Simpson added. "Ice it and he'll be ready to go for tomorrow night."

"(Domi) will be good for tomorrow night. Just an upper-body (injury). Nothing serious, so he'll be fine for tomorrow night."

Yzerman's stay in Tampa Bay extended



Steve Yzerman signed a four-year extension with the Tampa Bay Lightning on Monday. BRUCE BENNETT/GETTY IMAGES

The Tampa Bay Lightning have signed general manager Steve Yzerman to a four-year contract extension.

The Lightning have made the playoffs twice in four seasons under Yzerman's watch, reaching the Eastern Conference final in 2011.

Tampa Bay has already qualified for this season's playoffs and is currently in third place in the Atlantic Division.

"I'm grateful for the opportunity to continue the

process we started four years ago and would like to thank (owner) Jeff Vinik for entrusting me with the responsibility of leading the Tampa Bay Lightning," Yzerman said in a statement. "I'm very excited about what lies ahead for our organization and truly enjoy working with a fantastic group of people in Tampa Bay."

Yzerman, who has one year remaining on his initial contract with Tampa Bay, also served as executive director of Canada's gold-win-

ning Olympic men's hockey teams in 2010 and 2014.

Yzerman spent 27 seasons with the Detroit Red Wings as a player, captain and front-office executive prior to joining the Lightning.

The Hall of Famer ranks sixth in NHL history with 1,755 career points. He is a four-time Stanley Cup Champion, winning three as a player in 1997, 1998 and 2002 and another as a member of Detroit's management team in 2008.

THE CANADIAN PRESS

Farewell Jeter tour in full swing

MLB. Yankees captain pleases Bronx crowd in home-opener win against rival Orioles

Derek Jeter arrived for his last Yankee Stadium opener fashionably early at 9:35 a.m., attired in a grey suit, white shirt, purple tie and black Prada lace-up shoes.

His performance, if not stylish, was memorable.

Jeter missed a home run by about two feet in Monday's 4-2 win over the Baltimore Orioles. After he left the batter's box slowly leading off the fifth inning, the ball hit off the "8" in the 318-foot sign in the left-field corner and Jeter hustled into second with a headfirst slide.

"I had to pick up the pace a little bit," he admitted. "Yeah, there were some guys laughing — until a couple of them hit some balls and the wind got them, too."

It was a rare mind cramp for a player known for hustle and an unfailing ability to be in the right place.

"Maybe you get caught up in opening day," he said. "You probably haven't seen it, probably won't see it again. But what can you (do)? I was safe. It would be a lot more embarrassing if I was out."

Jeter scored one run, sent another home with a double-play grounder on a 1-for-4 day and was applauded every time he came to bat and fielded a grounder to shortstop.



Derek Jeter rounds third base to score a run for the Yankees against the Orioles on Monday in New York City.
ELSA/GETTY IMAGES

Quoted

"A lot of people get caught up in the disease of 'me.' Derek never fell in that."

Buck Showalter, Derek Jeter's first big-league manager

This was Jeter's first appearance in New York since announcing Feb. 12 that his 20th season will be his last. With the retirements of Jeter's No. 2 and former manager Joe Torre's No. 6 likely, the 48,142 adoring and

slightly frosted fans on hand during a cool and overcast afternoon almost surely were the last to witness a single-digit pinstriped uniform on opening day.

Seeing a business bonanza, the Yankees were selling

jerseys with Jeter commemorative retirement patches, starting with replicas at \$114.99 and going up to \$240.99 for authentic models. Steiner Sports was hawking a game-used single cleat for \$2,549.99 and game-worn jerseys at up to \$25,000.

Jeter didn't have much hope of leaving the ballpark with any mementoes.

"I'm good taking the win," he said, "but Steiner Sports has the rest."

THE ASSOCIATED PRESS

Hammerin' Hank. Braves to fete anniversary of Aaron's home run record

Hank Aaron was more relieved than jubilant after he broke Babe Ruth's home run record on April 8, 1974.

The 40-year anniversary of his 715th homer provides a different perspective.

Aaron's record-breaking homer will be celebrated on Tuesday night before the Atlanta Braves' home opener against the New York Mets.

Hate mail and threats made it impossible for him to savour the chase of Ruth's revered record, but on Monday he said he'll enjoy the anniversary because such old friends as former teammate Dusty Baker will return for the pregame ceremony.

"I guess that's just about what it's all about, really," Aaron said in a telephone interview. "That's it. The moment itself has passed. The



Hank Aaron GETTY IMAGES FILE

home run was hit and whatever else. It's just enjoying some moments with friends."

Aaron, 80, said he is pleased with his recovery from partial left hip-replacement surgery in February. He hurt his hip when he slipped on ice and said he's still in rehab, but can walk. THE ASSOCIATED PRESS

Basketball. Mourning among latest ballers elected to join HOF

Alonzo Mourning went to Georgetown to play basketball, not discover the world.

The six-foot-10 centre who won an NBA title with the Miami Heat was voted to the Naismith Memorial Basketball Hall of Fame on Monday, adding that honour to becoming a board member at his alma mater.

Mourning was elected along with former NBA star Mitch Richmond and NCAA championship-winning coaches Nolan Richardson and Gary Williams. The women's team from Immaculata College, which won three straight national championships in the

Quoted

"Never in my wildest dreams would I ever thought as a freshman that I would be sitting on the board of that university."

Georgetown alum Alonzo Mourning

1970s, also was chosen.

They joined the previously announced class of 2014 that includes retired NBA commissioner David Stern. The induction ceremony is Aug. 8.

THE ASSOCIATED PRESS

MLB. Ausmus impressive thus far as Tigers manager



Tigers manager Brad Ausmus
DUANE BURLESON/GETTY IMAGES

Brad Ausmus seems to be really smart, as one would expect a Dartmouth graduate to be.

The rookie manager of the Detroit Tigers is also intelligent enough to know he doesn't have all the answers, even as he got a taste of what life is like leading a team in his first week as a major-league manager.

The Tigers rallied to win twice and also won in a rout. They blew a big lead in the ninth, but held on for another victory. And on Sunday, his team got beat in business-

like fashion by the Orioles.

The upshot is — and it is very early in the 162-game season — the Tigers have the best record in baseball.

In addition to a stellar rotation and superstar Miguel Cabrera, a cool, calm and collected rookie manager has something to do with Detroit's early success.

"He seems pretty laid-back," right-hander Justin Verlander said. "There's no panic. He just lets the game unfold."

After ending his playing career in 2010, Ausmus

worked in the Padres' front office as a special assistant to the general manager for three years and managed Israel's team for the 2013 World Baseball Classic.

During spring training, Ausmus soaked up the opportunity to spend time with his predecessor, Jim Leyland.

"He's got it figured out, but he'll find out there's a lot to learn because he'll be willing to listen," Leyland said Monday of Ausmus. "I think he's a great fit, a terrific fit in fact, for the Tigers."

THE ASSOCIATED PRESS

NASCAR

Logano snatches win from Gordon

Joey Logano made a last-lap pass of Jeff Gordon during extra laps Monday after a late caution in a rain-delayed race at Texas, becoming the seventh different winner in as many Sprint Cup races this season.

Heading onto the frontstretch, Logano went low and was able to get past Gordon going into the first turn. Kyle Busch finished third. THE ASSOCIATED PRESS

Premier League

Tottenham tops lowly Sunderland

Christian Eriksen scored one goal and set up two more as Tottenham recovered from an early defensive howler to rout Sunderland 5-1, leaving the visitors rooted to the bottom of the Premier League table.

Tottenham put aside speculation about the manager Tim Sherwood's future to stay in the hunt for a European place.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries

March 21 - April 20

It's not always easy to get along with other people and today's Sun-Mars aspect will challenge you to be more accepting. From other people's point of view you are often the one making too much noise.

♉ Taurus

April 21 - May 21

It may seem as if your time and energy has been wasted but that's not true. By the end of the week you will realize you have gained in unexpected ways.

♊ Gemini

May 22 - June 21

Don't cling to ideas that are well past their sell-by date. They may seem comfortable now but later on they will hold you back. Time never stands still, and nor should you.

♋ Cancer

June 22 - July 23

It may at times appear as if life is conspiring against you but you know that isn't true. Most likely your negative thoughts are attracting negative events. Look for reasons to be cheerful today.

♌ Leo

July 24 - Aug. 23

Do you like a challenge? Of course you do. If you want to remain a contender, especially on the work front, you will need to up your game over the next two or three days. Winning is everything.

♍ Virgo

Aug. 24 - Sept. 23

Because you have something to prove you won't hesitate to make things happen over the next 24 hours. Not everyone will be happy that you have disturbed the status quo but for you it will be worth it.

♎ Libra

Sept. 24 - Oct. 23

Creative endeavors are under excellent stars, so if there is an artistic project you want to get started on don't wait. There is no such thing as the perfect time – the present moment is all you ever have.

♏ Scorpio

Oct. 24 - Nov. 22

Try not to take what you see and hear personally today, not even if others make it personal. Sometimes it's better to let annoying issues sail over your head.

♐ Sagittarius

Nov. 23 - Dec. 21

The planets indicate the more you are on the move the more likely it is you will meet new people and learn new things – and knowledge is the basis of real power.

♑ Capricorn

Dec. 22 - Jan. 20

Interesting opportunities are opening up but they will bring an increase in responsibilities too. You only have so much time and energy to spare, so use them carefully.

♒ Aquarius

Jan. 21 - Feb. 19

The efforts you have put in over the past few months will pay off in a big way eventually, so don't get disheartened if it seems you are not making much progress. A great transformation is taking shape.

♓ Pisces

Feb. 20 - March 20

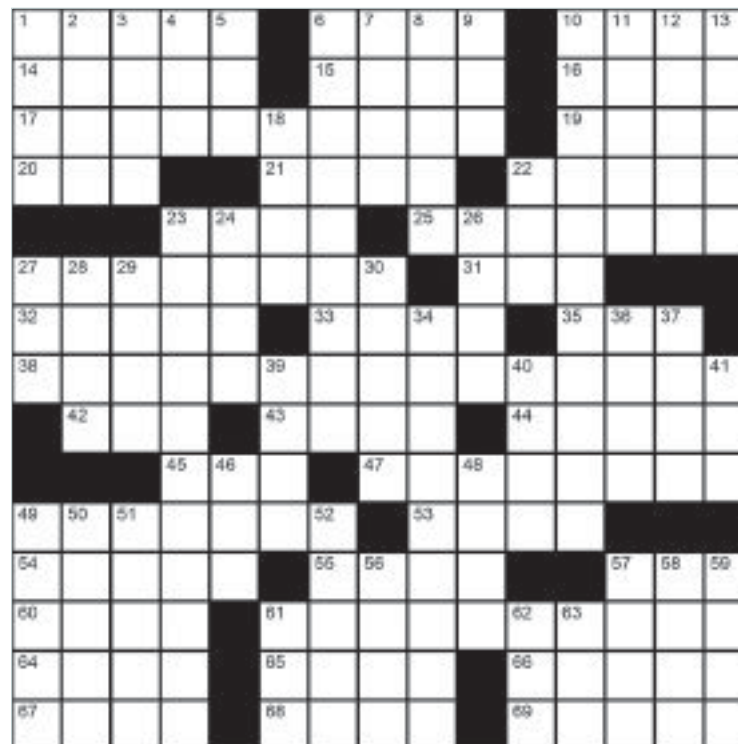
If someone needs your help today you will give it. However, after you have saved them yet again let them know you are tired of riding to the rescue. They need to take responsibility for themselves.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Caterpillar, for example
6. Ring stone
10. Baseball cheers-getters
14. Duck
15. I like = 'I'
16. "In ___!" (I'm almost done!)
17. "North of 60" is an item on this Canadian singer/actor's resume: 2 wds.
19. Moon goddess
20. She's a sheep
21. Panache
22. 19th-century French composer, Georges ___
23. Susan Aglukark's "___ Na Ho (Celebration)"
25. "Colored Sands" technical death metal band from Quebec
27. ___ Bay, N.S.
31. Brit's bathroom
32. Poison
33. Twofold
35. Ms. Vardalos
38. Measurers of public support in politics: 2 wds.
42. 'S' in SPCA [abbr.]
43. "___ sure you're aware..."
44. The ___ (International Court of Justice site)
45. Enterprise's letters



47. France/Spain mountains
49. ___ Salamander (Eastern Canada creature)
53. Mr. Stiller's
54. Garbage
55. Land unit
57. Mr. Kilmer

60. Strait of Belle ___
61. Montreal ___ (Pantry item)
64. Prophet
65. "The ___ Wing"
66. Elliptical path
67. ___ d'oeuvre
68. Ballpark figs.
69. Requires

Down

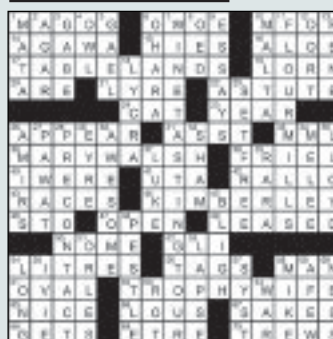
1. Behind
2. Affirm
3. Eternal City
4. Vikram ___ (Celebrity chef based in Vancouver)
5. U.S. tooth doc's org.
6. MLB team in Calif., ___
7. Tower of note
8. In with
9. "Dancing with the Stars" middle-chair judge
10. Halifax people
11. Vehicles-manu-

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- facturing company based in Tokyo
12. Dogma
13. Sings a bit of jazz
18. Wrestler, John ___
22. Richie, to Joanie [abbr.]
23. Canadian coiffure chain, First Choice ___
24. "There ___ time left."
26. Stewpot
27. Harper Valley gr.
28. Crops
29. Montreal baseball player, once
30. Spring flower
34. Soldiers' kids, colloquially: 2 wds.
36. William ___ (1953 Pulitzer-winning playwright for Picnic)
37. Chill
39. Flowers displayer
40. Subsequently
41. Author Ms. Hinton's
46. Sault ___. Marie, ON
48. Stink
49. Basketball-in-basket sound
50. Lovely stroll
51. Saskatchewan town
52. Schedule times
56. "___ magnifique!"
57. Feeling
58. ___-tongued
59. Permits
61. Stockholm is its cap.
62. Ben, to Brian
63. ___-game show

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

1	3	9	8	4	5	6	7	2
4	8	6	2	1	7	3	9	5
5	2	7	3	6	9	4	8	1
7	4	1	6	2	8	9	5	3
2	5	3	4	9	1	8	6	7
9	6	8	7	5	3	1	2	4
8	7	2	1	3	6	5	4	9
3	9	4	5	8	2	7	1	6
6	1	5	9	7	4	2	3	8

5					9	3	7	
	1			5		6	8	
8			3					5
				9		4	7	
		1				5		
2	8			3				
3					1			9
	5	4		2			6	
	6	9	8					4

Today

9°/-1°

Showers

Wednesday

7°/2°

Mainly sunny

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